

Punahou Relays - Finals

Saturday April 13, 2019

Punahou School

Opening Ceremonies: 8:00 AM

Registration - Hawaii's Fastest Human: 8:15 AM

Football/Power Relay Weigh In: 9:15 AM

Field Events	Order	1st Call	Last Call	Event Start
Discus	Girls	8:10 AM	8:20 AM	8:30 AM
	Boys	9:10 AM	9:20 AM	9:30 AM
Long Jump	Girls Pit A	8:10 AM	8:20 AM	8:30 AM
	Boys Pit B	9:10 AM	9:20 AM	9:30 AM
High Jump	Girls	8:10 AM	8:20 AM	8:30 AM
	Boys	9:40 AM	9:50 AM	10:00 AM
Pole Vault	Girls	8:10 AM	8:20 AM	8:30 AM
	Boys	To Follow Girls Pole Vault		
Shot Put	Girls	10:10 AM	10:20 AM	10:30 AM
	Boys	11:10 PM	11:20 PM	11:30 PM
Triple Jump *	Girls Pit A	10:45 PM	10:55 PM	11:05 PM
	Boys Pit B	11:00 PM	11:10 PM	11:20 PM

* to follow Boys 720yd Shuttle Low Hurdle Event

Running Events	Order	1st Call	Last Call	Event Start
4 x 100m Relay - If Necc	Inter Girls	7:55 AM	8:05 AM	8:15 AM
4 x 100m Relay - If Necc	Inter Boys	8:05 AM	8:15 AM	8:25 AM
4 x 400m Relay - If Necc	Inter Girls	8:15 AM	8:25 AM	8:35 AM
4 x 400m Relay - If Necc	Inter Boys	8:30 AM	8:40 AM	8:50 AM
400m Shuttle Hurdles	Girls	8:40 AM	8:50 AM	9:00 AM
440yd Shuttle Hurdles	Boys	8:45 AM	8:55 AM	9:05 AM
4 x 200m Relay	Girls	8:55 AM	9:05 AM	9:15 AM
4 x 200m Relay	Boys	9:00 AM	9:10 AM	9:20 AM
Distance Medley Relay	Girls	9:05 AM	9:15 AM	9:25 AM
Distance Medley Relay	Boys	9:25 AM	9:35 AM	9:45 AM
Sprint Medley	Girls	9:45 AM	9:55 AM	10:05 AM
Sprint Medley	Boys	10:00 AM	10:10 AM	10:20 AM
720yd Shuttle Hurdles	Girls	10:15 AM	10:25 AM	10:35 AM
720yd Shuttle Hurdles	Boys	10:20 AM	10:30 AM	10:40 AM
4 x 100m Relay	Inter Girls	10:35 AM	10:45 AM	10:55 AM
4 x 100m Relay	Inter Boys	10:40 AM	10:50 AM	11:00 AM
4 x 800m Relay	Girls	10:35 AM	10:45 AM	10:55 AM
4 x 800m Relay	Boys	10:50 AM	11:00 AM	11:10 AM
4 x 100m Relay	Girls	11:05 AM	11:15 AM	11:25 AM
4 x 100m Relay	Boys	11:10 AM	11:20 AM	11:30 AM
4 x 400m Relay	Inter Girls	11:15 AM	11:25 AM	11:35 AM
4 x 400m Relay	Inter Boys	11:25 AM	11:35 AM	11:45 AM
4 x 400m Relay	Girls	11:35 AM	11:45 AM	11:55 AM
4 x 400m Relay	Boys	11:45 AM	11:55 AM	12:05 PM

Outstanding Performer Awards to be announced at the conclusion of the meet and announced later.